

Healthy Eating Orienteering Quiz 2a

These store up energy in our bodies.

Control 13

Control 14

S

Which foods are a good source?

These help us fight infections and keep healthy.

Control 7

v

t

n

s

Which foods are a good source?

This helps build strong bones and teeth.

Control 3

c

l

c

m

Which foods are a good source?

potatoes, strawberries, cheese, broccoli, pasta, oranges, fish, lean meat, salad, beans, milk, olive oil, peas, butter, bread, carrots, apples, rice, peppers, grapes



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